

JULY 2010

Good Housekeeping

DROP 10 lbs. FAST

The Surprising New Plan That Works

Look **HOT**,
Feel **COOL**,
Spend **LESS**
Beauty
Bargains

SUMMER PARTY FUN!

JUST
70
CALORIES!
ICE CREAM
TREAT
p. 159

- *Yummy Recipes
(Including Our Flag Cake!)
- *July 4th Decorating Ideas
- *Quickest Cleanup

BEST SWIMSUITS

For real women's shapes + sizes

THE TEST THAT CAN GIVE YOU CANCER

How to Say "No" to Your Doc, p. 144

Raise a grounded kid
(in a materialistic world)

The Real Rachael

How she handles the haters,
why her off-beat marriage works—
& does she *really* want a baby?

goodhousekeeping.com



\$2.99

EVERYONE

Believe it: Finding a flattering, figure-fixing swimsuit *can* problem-solving styles camouflage, conceal, and contour,

PHOTOGRAPHS BY COLETTE DE BARROS



Gwendolyn | 51

Saleswoman

• **WEARING** Spanx Swimsuits (top, \$128; bottom, \$58)

• **BEST FOR** Adding curves to a boyish build

Nicole | 43

Professional organizer

• **WEARING** Miraclesuit (\$138)

• **BEST FOR** Controlling cleavage

Beatriz | 38

Full-time mom

• **WEARING** Luxe by Lisa Vogel (\$125)

• **BEST FOR** Boosting barely-there breasts

Justine | 69

Real estate developer

• **WEARING** Miraclesuit for Soma (\$140)

• **BEST FOR** Minimizing hips

Lynnette | 32

Business owner

• **WEARING** Panache (top, \$56; bottom, \$38)

• **BEST FOR** Balancing broad shoulders

in the Water!

be a day at the beach. These whatever your size or shape



Susan | 58
Retired teacher

• WEARING St. John Swimwear (\$180)

• BEST FOR Elongating short legs

Cheryll | 30
Business owner

• WEARING Miraclesuit (\$142)

• BEST FOR Streamlining a fuller figure

Lisa | 33
Full-time mom

• WEARING Kenneth Cole New York (\$98)

• BEST FOR Lengthening a high-waisted torso

Sheri | 41
Pharmaceutical rep

• WEARING Miraclesuit (\$146)

• BEST FOR All-over slenderizing

Adrienne | 68
Retired dental hygienist

• WEARING Ocean Dream Collection (top, \$52; bottom, \$32)

• BEST FOR Concealing not-so-toned abs